



Behavioral Health Tips for Better Overall Health

Behavioral health needs to be treated to help you be at your best health. If you are unsure about taking medicine or have questions, you are not alone.

Behavioral health issues are like other times you are sick, and should be treated. A drug called an antidepressant and therapy may be the best care for you.

If you are starting to take, or are taking antidepressants, here are some tips.

- **Keep an open mind and be patient.** Your medicine may take up to six weeks to fully work. Talk to your doctor or therapist about coping with issues during this time.
- **Take your medication as told by your doctor.** Some drugs may cause side effects that get better with time. If your medication does not seem to be working or is causing a reaction, call your doctor.
- **Do not stop medication on your own.** Call your doctor right away if you think your drug might be harming you. Follow your doctor's instructions.
- **Keep your visits with your doctor.** Your health visits are important. If you are not able to keep a visit, talk to your doctor's office and set up another time.
- **Try behavioral health therapy.** Medication and talk therapy (counseling) sometimes works better than just medication.

If you are pregnant, planning to get pregnant or have a substance use disorder (addiction), please tell your doctor before taking any medication.

MYSTRENGTH

Your behavioral health is important. myStrength is a free tool online or on your mobile phone. It can be used to help your mind, body and spirit. It offers online learning topics such as depression, anxiety and substance abuse, wellness tools and tips, and much more. Please visit [CareSource.com/ga/members/education/mystrength](https://www.caresource.com/ga/members/education/mystrength).

CareSource® is here for you.

Your Care Manager can help you with your medication plan, visit reminders and more. If you want a Care Manager, or need referrals, call Member Services: **1-855-202-0729** (TTY: 1-800-255-0056 or 711). We are open from 7 a.m. to 7 p.m., Monday through Friday.

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